



4 FOOD PACKAGE/DRAFT ISSUANCE

Effective: 3/1/98

4.13 Breastfeeding Dyad Food Packages

Revised: 11/1/00

POLICY: Food packages shall be issued as appropriate to breastfeeding women and infants.

PROCEDURE:

A. PROMOTING BREASTFEEDING

1. Present breastfeeding as the norm for infant feeding in all conversations with the pregnant and the breastfeeding woman. Formula provided for a breastfed infant may challenge the mother's will to breastfeed and affect her ability to sustain or increase her supply of breastmilk.
2. Instruct pregnant and breastfeeding women about breastfeeding. Establish clearly that breastfeeding is the norm for infant feeding and is more desirable than receiving a full food package of infant formula.
3. Assume substantial, rather than minimal, breastfeeding as the norm when making decisions regarding food packages. Refrain from asking questions such as "Do you think you will want more formula this month?"
4. Since the woman must choose the breastfeeding enhanced package without formula or the breastfeeding basic with formula, encourage her to select the breastfeeding enhanced package and provide breastfeeding support to help her feed only breastmilk to her baby.

B. EXCLUSIVELY BREASTFEEDING DYAD

Since breastfeeding women have higher nutrient needs than pregnant women, provide an "Enhanced" breastfeeding package to women whose infants receive no formula (whether through a food package or through formula samples) from WIC.

1. If the mother was on WIC prenatally, provide the Enhanced food package or draft in the first week after birth (or as soon as possible).
 - a) If the mother already has a package for this month, issue an additional Breastfeeding Enhanced draft at anytime throughout the month upon notification of birth and she has identified herself as breastfeeding and the infant is not receiving formula from WIC. Mailing the Breastfeeding Enhanced food package/draft is acceptable to meet the one week timeframe. (See Policy 4.36 Mailing Drafts)



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- b) If the mother did not already receive a food package for this month, issue a Breastfeeding Enhanced package upon notification of birth and breastfeeding status.
2. If the mother was not on WIC prenatally, certify and provide an Enhanced food package.
3. Explain to the mother at first issuance of the enhanced package or draft that the enhanced food package is designed for the woman breastfeeding her infant and who does not receive WIC formula. She may provide formula on her own, though this should be discouraged, especially in the first two months after delivery.
4. If the mother later requests formula:
 - a) If the enhanced draft for tuna and carrots is returned unused, void the unused enhanced draft in DAISy, and formula may be issued for that current issuance month. Tailor according to the next pick-up day. In DAISy, change the woman's food package to a Breastfeeding Basic or post-partum package for the subsequent months.
 - b) If the enhanced draft has been used, formula may be issued but only for the current month. Tailor according to the next pick-up day. In DAISy, change the woman's food package to a Breastfeeding Basic or post-partum package for the subsequent months.

C. BREASTFEEDING DYAD USING FORMULA

The breastfeeding woman and infant can both be issued food packages.

1. Breastfeeding Woman's Food Package
 - a) While food packages may be tailored down in quantity, (e.g., a 20-quart milk equivalent package could be issued to a pregnant or breastfeeding woman), it is encouraged to provide a 28-quart milk equivalent. The nutritional needs of the breastfeeding woman, regardless of the extent of breastfeeding, exceed those of the non-breastfeeding woman.
 - b) The food package should not automatically decrease in the event, or to the degree, that formula is prescribed for her infant. However, the total milk equivalent may be decreased when the woman plans to stop breastfeeding.



2. Breastfed Infant's Food Package

- a) Ideally, the breastfed infant should require no formula supplementation, especially during the first two months of life. Issue food package #888 (no formula). (It is important to enroll the infant in WIC and enter a #888 food package in DAISy even though no food is provided. This provides the opportunity to provide education and make referrals, and enables the Project to "count" the breastfed infant as participating in the program.)
- b) Formula should be prescribed based on the CPA's assessment of the infant's individual nutritional needs. The simple provision of more formula than is needed is a disincentive to breastfeeding. Assess the amount of formula that the infant needs, and provide a formula package that meets their need, up to the maximum allowed.
- c) A full formula package is rarely warranted. Examples of situations in which the maximum monthly formula allowance may be indicated include:
 - (1) a breastfed infant with a specific medical condition that increases the need for nutrients or calories
 - (2) a breastfed infant entering the final stage of weaning
 - (3) a breastfed infant with greater than average nutritional needs due to size (e.g., >90th percentile) and has a working mother who can provide only one or two nursings per day
- d) Food package tailoring guidelines are illustrated on the next page.



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SITUATION	FOOD PACKAGE EXAMPLES
Infant is totally breastfed or receives no formula from WIC	Mother - breastfeeding enhanced package Infant - #888 (no food)
Infant was totally breastfed and mother received and used the enhanced draft (for tuna and carrots). Mid-month, the mother notifies project that she now wants to supplement with formula.	Mother - no change in DAISy for current month, change package in DAISy for subsequent months Infant - formula as needed, tailored according to next pick-up day
Infant was totally breastfed and mother received the enhanced package, but did not use the enhanced draft. Mid-month, the mother notifies project that she now wants to supplement with formula.	Mother - retrieve and void the enhanced food draft; in DAISy, change food package to appropriate basic package for this last issuance Infant - formula as needed (e.g., 1 or 2 pounds powdered)
Some formula is desired to supplement/replace some breastfeedings	Mother - breastfeeding basic package (28-quart milk equivalent recommended) Infant - formula as needed (e.g., 1 or 2 pounds powdered)
Infant is breastfed and formula fed equally	Mother - breastfeeding basic package (28-quart milk equivalent recommended) Infant - 4 pounds powdered formula
Infant is breastfed once or twice per day	Mother - breastfeeding basic package (24-quart milk equivalent recommended) Infant - up to 8 pounds powdered formula (full package)
Mother says she is going to stop breastfeeding this month	Mother - breastfeeding basic package (24-quart milk equivalent recommended for this month; change next month to appropriate package) Infant - up to 8 pounds powdered formula (full package)
Mother says she quit nursing 2 weeks ago	Mother - half package and give 15 day termination notice, unless she can still qualify as a postpartum woman (change status and issue appropriate postpartum package) Infant - 8 pounds powdered formula (full package) (change status)